



**July 11, 2016**

# Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at [www.usagria.army.mil](http://www.usagria.army.mil) under "News" and then "Local News."

**Island Insight Submission:**



[www.usagria.army.mil/News/II.aspx](http://www.usagria.army.mil/News/II.aspx)

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## 920th CBn Inactivates After Two Years

An inactivation ceremony for the 920th Contracting Battalion and four of its contracting teams -- the 620th, 721st, 737th and 738th - was held at Heritage Hall, June 30. Remarks were provided by Brig. Gen. Michael Hoskin, commander, U.S. Army Expeditionary Contracting Command; Melanie Johnson, executive director, U.S. Army Contracting Command-Rock Island; and Lt. Col. Ryan Eckmeier, commander, 920th CBn. The battalion's colors were also cased during the ceremony, signifying the formal end of the command effective Oct. 8. Hoskin thanked Eckmeier and Master Sgt. Peter Miller, who served as the sergeant major, 920th CBn, for their leadership over the Soldiers and civilians who fell under their command, prior to addressing the 920th Soldiers. "Thank you for your service and I challenge each of you to continue to grow into the finest contracting acquisition professionals possible," said Hoskin. The 920th CBn, which was activated at RIA on Sept. 12, 2014, has had a short history, but developed a significant resume, the most visible accomplishment being its



## Upcoming Dates

**July 12-13:** Basic Motorcycle Rider Course, RIA Motorcycle Track, 7:30 a.m. - 4 p.m.

**July 12:** CHPC Quality of Life Working Group, Bldg. 90, Rm. 25, 1 p.m.

**July 13:** ACC-RI Industry Day, Bldg. 60, Heritage Hall, 9 a.m.

**June 13:** Tenant Senior NCO Mtg., Arsenal Island Clubhouse, 11:30 a.m.

**July 14:** Experienced Rider Course, RIA Motorcycle Track, 7:30 a.m. - 4 p.m.

**July 14:** RIA Commissary & Exchange Town Hall, 11:30 a.m. - 1 p.m., Arsenal Island Clubhouse

**July 14:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 12:30-1:30 p.m.

**July 15:** Military Sport Bike Rider Course, RIA Motorcycle Track, 7:30 a.m. - 4 p.m.

**July 15:** First Army Change of Command, Memorial Field, 9 a.m.

**July 15:** MVRBC Blood Drive, Lock & Dam Lounge, 10 a.m. - 2 p.m.

**July 18-22:** DA Photos, Bldg. 90, Basement, Rm. B11, 7:20 a.m.-3:40 p.m.

**July 21:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 12:30-1:30 p.m.

**July 26:** Time Management, EAP, Bldg. 56, 1st Flr., Rm. 104, 10:30 a.m.

**July 26:** Military Spouse Fun Night, Bldg. 110, ACS/USO spaces, 6-8 p.m.

**July 27:** Scott Welker Retirement, Bldg. 60, Heritage Hall, 10 a.m.

**July 28:** Newcomer's Orientation and Tour, Arsenal Island Clubhouse, 8 a.m.

**July 28:** Grief Support Grp, EAP, Bldg. 56, 1st Flr., Rm. 104, 12:30-1:30 p.m.

deployment and assumption of the Contingency Contracting Administration Services mission in U.S. Central Command from July 2015-March 2016. ([More](#))

### **Program Manager Takes First Step towards New RIA Army Wellness Center**

Todd Hoover, Army Wellness Center Operations program manager, Army Public Health Center, visited Rock Island Arsenal's fitness center and health clinic in search of a new location for an Army Wellness Center, July 6. Commanders and civilian leaders from across the island have pushed for a wellness center to be established at RIA for over a year. Hoover said his first step is to complete a feasibility study and cost analysis. His visit represented the first on-the-ground step to bringing an AWC to RIA. There are 29 AWCs worldwide. Hoover said his organization's goal is to eventually build 37 AWCs. "Wellness Centers focus on primary prevention, and they're staffed by health educators who have backgrounds in allied health fields like exercise physiology, nutrition, and psychology," he said. "Basically, they are trained to provide health coaching." ([More](#))



### **House, Senate Disagree Over Veterans' Preference**

The federal government's practices for hiring veterans have emerged as a sticking point between the House and the Senate. An amendment in the House-passed fiscal 2017 financial services spending bill would prohibit funds from being used to change the current policy on veterans' preference in federal hiring. That measure is a direct response to a provision in the Senate's fiscal 2017 Defense authorization legislation that would limit the application of veterans' preference to a vet's first job in federal service. The Defense policy bill is now in conference committee; the House version of it does not contain the language on veterans' preference. Rep. Ruben Gallego, D-Ariz., a veteran of the Iraq war, introduced the financial services amendment, saying that it wasn't the time to "dilute" a system that has successfully hired and promoted more vets in the federal government. "While this change might seem innocuous, it could have serious negative implications for the men and women who served our nation in uniform," Gallego said last week during remarks on the House floor. ([More](#))



### **DoD To Issue Directive On Arming Troops At Facilities In The US**

The Defense Department is close to releasing its updated policy for arming troops at facilities in the United States following several attacks, including the shooting deaths of four Marines and a sailor last July, a Pentagon spokesman said Monday. The policy, which could be unveiled by September, will further clarify commanders' authority to allow servicemembers to carry and store weapons on and off military installations. The guidance will regulate privately owned and military-issued weapons, said Army Maj. Jamie Davis, a Pentagon spokesman. On July 16, 2015, Mohammed Abdulazeer opened fire at a recruiting station and reserve center in Chattanooga, killing five and wounding one Marine and a police officer. Investigators concluded a sailor at the reserve center likely returned fire with a personal unauthorized handgun, according to the Washington Post. ([More](#))



### For Sgt. Maj. of the Army Dailey, Readiness Is Priority No. 1

Sgt. Maj. of the Army Daniel A. Dailey visited key mission, training and support assets across the base on July 7 and 8. The driving force behind Dailey's visit was Soldier readiness, which allows the Total Army to continue to answer the nation's calls in an increasingly volatile and uncertain world. "Readiness is our No. 1 priority," said Dailey, who was sworn in as the fifteenth sergeant major of the Army in January 2015. "One of my main objectives in coming to Joint Base (MDL) was to see what kind of future readiness training capabilities we have for the Joint Force, and specifically for the Army." One key training capability on Dailey's base tour was the Army's Noncommissioned Officer Academy, the mission of which is to train, educate and develop leaders in the skills and attributes required to successfully lead the Total Army -- active component, Army Reserve and Army National Guard -- to mission accomplishment. ([More](#))



### First Army Change of Command

First Army will hold a formal change of command ceremony at 9 a.m., Friday, July 15, at Rock Island Arsenal Memorial Field. First Army Commander Lt. Gen. Michael Tucker will turn over command to the incoming commander Lt. Gen. Stephen Twitty. Please check with your chain of command to receive permission to attend the change of command ceremony.

### Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, July 15, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. A **2<sup>nd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 211) beginning at **6:30 p.m. on July 22**. To sign up for a blood drive held on either the 2<sup>nd</sup> or 3<sup>rd</sup> shift, donors should contact their shift supervisor.



Donors at these drives will:

- Receive an "I Gave To Save" t-shirt
- Be entered into a drawing for a \$300 gas card for the month of July
- Be entered into a summer long drawing for a new Ford Fiesta



***Charlie Corpuscle reminds us, "All previous malaria travel area restrictions still apply when donating blood. In addition, there is a 28-day deferral for those who return from areas in Mexico, the Caribbean or South America not included in the malaria restrictive areas. Please encourage donors to come in and give blood once the 28-day period has passed. Arsenal donors may always call the blood center at 563-359-5401 or email [shoegerl@mvrbc.org](mailto:shoegerl@mvrbc.org) if they have questions re: specific travel areas and deferrals which may be in place for those areas. Every donation is needed, especially in the summer months."***





The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

### RIA Commissary & Exchange Town Hall

The RIA Commissary & Exchange Town Hall will take place 11:30 a.m. - 1 p.m., **Thursday, July 14**, in the Arsenal Island Clubhouse, Bldg 312. The purpose of the meeting is to bring diverse and interested members of the Rock Island Arsenal Community together to discuss ways to enhance services in both the Exchange and Commissary. People interested in submitting advanced questions for the Town Hall via Facebook can do so through that time by posting their questions at the [following link](#).



### Bike Tour of Arsenal Island

The Mississippi River Visitor Center at Locks and Dam 15 is inviting guests to bring their bicycles for a tour of historic Arsenal Island. This six-mile ride will be held on **Sunday, July 17**, from 11:30 a.m. – 1 p.m. Historic points of interest include the Colonel Davenport House, the old Moline Lock, Quarters One, the Confederate Cemetery, and many more. The tour will begin and end at the Mississippi River Visitor Center, located on the western end of Arsenal Island at Locks and Dam 15. This tour is free of charge. Advance registration is recommended. Helmets are mandatory and training wheels are not allowed. An adult must accompany children under 16 years of age. Please call the visitor center at 309-794-5338 for more information.



### Deluxe BLT's

You asked for it, here it is – Deluxe BLT's will be served up on **Tuesday, July 19**, from 10:30 a.m. until 12 p.m. in the Bldg. 212 Café. These BLT's are made with thick Texas toast, six slices of apple-wood smoked bacon, crisp lettuce, sliced tomato and mayo; add pickles and onion too. Make your sandwich a combo for just \$2 more, getting house fried chips or French fries and a fountain drink.

### 9/11 Never Forget Mobile Exhibit

This year marks the 15<sup>th</sup> anniversary of 9/11. Modern Woodmen of America's [Be An Everyday Hero](#) project remembers and honors those lost... and recognizes the brave first responders, military members and others who continue to serve our community every day. The exhibit will be parked at the west lot of Schwiebert Riverfront Park in downtown Rock Island, next to Modern Woodmen's home office, **July 19 – July 23**. Modern Woodmen is sponsoring free public admission to this traveling exhibit, which was created to honor a New York City firefighter who lost his life on 9/11. The 1,000-square-foot memorial includes artifacts, videos and live tours from FDNY firefighters. It travels the country as an educational resource and poignant reminder of that tragic day. ([Watch the trailer](#)) ([More info and hours of admission](#)) ([Exhibit website](#))



## Korean War Armistice 63<sup>rd</sup> Anniversary Wreath Laying Ceremony

Korean War Veterans Association Quad Cities Chapter 168 will hold a ceremony to commemorate the 63<sup>rd</sup> Anniversary of the Korean War Armistice and National Korean War Veterans Armistice Day on **Wednesday, July 27**, at 10 a.m., at the Memorial Walkway, at the Rock Island National Cemetery. The ceremony will include a wreath laying, rifle salute, and Taps. The Korean War, which began June 25, 1950, with the North Korean army's invasion of South Korea, officially ended July 27, 1953, a day now officially recognized as Armistice Day. The signing marked the end of the longest negotiated armistice in history: 158 meetings spread over two years and 17 days. Last year's presidential proclamation stated, "Today, the Republic of Korea enjoys a thriving democracy and a bustling economy, and the legacy of our Korean War veterans continues on in the 50 million South Koreans who live with liberty and opportunity. The United States is proud to stand with our partner in Asian security and stability, and our commitment to our friend and ally will never waver—a promise embodied by our servicemen and women who fought from the Chosin Reservoir to Heartbreak Ridge and Pork Chop Hill, and by every American since who has stood sentinel on freedom's frontier."



## Fallen Soldiers Tribute

A student led initiative partnering with the [Fallen Soldiers Tribute](#) will take place **Tuesday, Aug. 2**, at American Legion Post #26, at 702 W. 35th Street, Davenport, beginning at 5 p.m. The event will feature members of the [Combat Veterans Motorcycle Association](#); flag bearing color guard lining both sides of 35<sup>th</sup> Street; Davenport All Star Student Marching Band playing the National Anthem; a police escort; mayoral proclamation declaring the first week of August as "Fallen Soldier Appreciation Week"; the Davenport Central High JROTC Squad; family friendly, activities for children; a rock concert; and a free hog roast and sides for fundraising. All donations and proceeds given to the CVMA for veteran assistance are tax deductible.

## American Veterans Traveling Tribute

The American Veterans Traveling Tribute, a 360 foot replica of Veterans Memorial, is coming to Geneseo City Park in Geneseo, Ill., **Wednesday, Aug. 17, through Sunday, Aug. 21**, as part of the city's "The Cost of Freedom Festival," honoring all veterans and active military. This traveling replica is a 80-percent to scale traveling version of the Veterans Memorial, and is the largest traveling Veterans Memorial replica. American Veterans Traveling Tribute travels across the nation, providing veterans without the means to travel to the national Vietnam Memorial site a chance to see a replica model. Many vets take the opportunity to reflect and remember those lost. The Vietnam Wall has been a part of more than 300 events nationwide over the last 8 years. Organizers are planning a line-up of activities similar to the last time the Wall was in town with speakers, concerts and displays part of the events. A highlight of the Wall's visit will be a parade to honor all veterans at 2 p.m. on Saturday, Aug. 20. "We want veterans and their families, local groups and businesses to all get involved. We just want it to be one big patriotic parade," said Rhonda Borkgren of the Don Cherry VFW Post No. 5083 Auxiliary. "We want to give our veterans the recognition they deserve, and we hope to especially draw out our younger veterans." The August celebration will be a "tribute to all veterans" she said. "Every veteran deserves their welcome home." ([Facebook event page](#)) ([Geneseo Republic article](#))

## Tribute to Our Fallen

Since its inception in the summer of 2004, one year after the onset of Operation Iraqi Freedom, a small group, now known as the Mississippi Valley Patriots, has put together a special event to honor those brave souls who had made the ultimate sacrifice. Today Tribute to Our Fallen annual event, held at the Davenport Memorial Park, has grown exponentially. The first few years were dedicated solely to the military in Iraq, Afghanistan, the first responders and civilians lost on 9/11. Since 2008's event, veterans of all eras have been included in this very special remembrance. The event this year is **Friday, Aug. 19, through Sunday, Aug. 21**, and is free to the public. Tribute to Our Fallen is staffed around the clock from the opening ceremony, Friday, **Aug. 19**, at 7 p.m., to the closing ceremony, Sunday, **Aug. 21**, at 4 p.m. There are several events scheduled throughout the weekend. The key note speaker for Saturday's ceremony at 7 p.m. will be USMC Capt. Eric G. Kirsch, Citadel graduate, a veteran of both Operation Enduring Freedom and Operation Iraqi Freedom, he was to Naval Criminal Investigative Service, Washington DC Field Office's (DCWA) Foreign Counterintelligence "A" Squad and was responsible for multiple named Offensive Foreign Counterintelligence Operations; since his honorable discharge in 2012, Kirsch has served as an Offensive Counterintelligence Operations instructor at Joint Counterintelligence Training Academy; as a civilian special agent with NCIS; and as a civilian advisor to the American government and the Kurdish Regional Government in Iraqi Kurdistan. He is the founder and CEO of Torchlight USA. Please invite a friend. Volunteers are always welcome to join on Friday, **Aug. 19**, for setup. ([More](#))



## Closure of the Records Holding Area, Bldg. 331

The Records Holding Area located in Bldg. 331 will close effective **Friday, Sept. 30**. All records that are stored in the facility must be moved or disposed of no later than **Thursday, Sept. 1**. It's the responsibility of each organization/command to relocate and provide space for their own records or dispose of records eligible for destruction. For more information contact [Joyce Rollins](#), Garrison Records Manager, 309-782-1245.

## Save the Date — 9<sup>th</sup> Annual Cards for the Troops

Please join us **Tuesday, Sept. 27**, 6:30-9 p.m., at Heritage Hall, Bldg. 60, for the 9<sup>th</sup> Annual Cards for the Troops. Adults only (high school and older), please. Hand-made rubber stamp art cards are created by hundreds of volunteers under the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. More than 46,000 cards have been sent through Cards for the Troops to our deployed military serving in Afghanistan, Iraq, Kuwait, Qatar, Jordan, Africa, and to those deployed aboard our aircraft carriers, the USS Harry S. Truman, the USS Carl Vinson and the USS John C. Stennis. Packagers are needed also. There is no charge for this event. Please bring one roll of Scotch double-sided tape to donate to Cards for the Troops for card-making. All other materials are supplied. Be sure to visit our, "Cards for the Troops, Rock Island Arsenal" Facebook page. Seating is limited... please RSVP to: [mssipple1@gmail.com](mailto:mssipple1@gmail.com).

## Free Tours of Locks and Dam 15

The U.S. Army Corps of Engineers Mississippi River Project announces they will be offering free tours of Locks and Dam 15 every Saturday and Sunday beginning Memorial Day Weekend through Labor Day Weekend. These tours will be offered at 10 a.m. and 2 p.m. and will each last one hour. Participants must wear shoes with enclosed toes and backs, tennis shoes are preferred. Purses, bags, cameras and pictures are not



allowed on the tour but will be allowed in the Visitor Center before and after the tours. Walking is required. Pre-registration is also recommended as the group size is limited and tours sometimes fill fast. Tours will begin and end at the Mississippi River Visitor Center. To make a reservation please call the staff at the Mississippi River Visitor Center at 309-794-5338. ([More](#))

### **Arsenal Island Employee Local Discounts**

*The following discounts are exclusively available to Arsenal Island employees — **AT&T Wireless:***

As a service member of the U.S. Army you could be saving 15 percent on the monthly service charge of qualified wireless plans. Visit your local AT&T store at 4500 16th Street, (inside SouthPark Mall) Moline or 3120 E. 53rd street, Davenport, or to purchase online, visit [att.com/wireless/USArmy](http://att.com/wireless/USArmy) If you visit a local AT&T store, please have proof of eligibility. Mention Discount Code: FAN2421660 **Sunset Lakes Resort:** Located near Hillsdale Illinois at I-88 Exit #6, we offer free campsites for those who currently serve and veterans; call 1-800-747-5253 for reservations. Complete details on both military weekends at [www.sunsetlakesresort.com](http://www.sunsetlakesresort.com) under our news section. **Infinity Salon & Spa:** Located at 220 W 3<sup>rd</sup> St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID. **The Venue:** Located at 1405 5<sup>th</sup> Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18<sup>th</sup> Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2<sup>nd</sup> St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3<sup>rd</sup> Ave., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*



### **Repair Steps Bldg. 90 West Entrance**

Effective **June 27**, Public Works began making repairs to the Bldg. 90 west entrance steps. The doorway on the west, facing East Street, were closed. The work includes removal and replacement of the steps and hand railing. The project is expected to last approximately eight to nine weeks depending on weather. Orange safety fence have been installed around the perimeter of the work area. Please use caution when traveling near the area.

### **Gillespie Street Repair Project**

The Directorate of Public Works (DPW) plans to accomplish major repairs to the Gillespie Street corridor between Rodman Avenue and Blunt Road. This will impact traffic and on-street parking in the area during the construction. Work is currently planned to start during the FY16 construction season. There will also be some permanent changes resulting from the project. Major changes are as



follows: • Replacement of the sidewalk along the west side of Gillespie Street with a wider shared-use path to be used by pedestrians and bicycles. • Conversion of diagonal on-street parking along the northern sections of Gillespie Street to parallel parking spaces resulting in a loss of about 40 parking spaces. • Conversion of Blunt Road along the river from Gillespie Street to East Street to a shared-use path predominantly for pedestrians and bicycles. Motorized vehicles will be restricted to emergency and service vehicles. As the project progresses, further announcements will be provided regarding construction related events.

### **Rock Island Viaduct Sidewalk Closed to Pedestrians**

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents.

Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.



## **Building/Space Closures**



### **Closure Notice Bldg. 62 Window Installation**

Effective **July 11, through approximately Monday, Aug. 1**, the Directorate of Public Works will be working on a construction project to install windows on the south side, second floor, of Bldg. 62. The handicapped entrance ramp will remain open during construction. The other south side entrances will be closed at intermittent periods throughout construction. During the closures, fencing and signage will be positioned as required. Timeframes may be extended depending on material delays or weather related issues.

### **Work to Close Doors at Bldg. 299**

The Directorate of Public Works has a construction project to replace the fire water loop at Bldg. 299. This work entails trenching for the pipe line around the exterior of the building. This will result in some door closures of both passenger doors and overhead doors. During closures, signs will be posted both inside and outside the building with direction to the next nearest door. Beginning approximately **Monday, June 13 through Tuesday, July 12**, trenching on the southeast side of the building will affect door access. Only one overhead door will be closed at a time so freight deliveries will still be able to take place. Once work is complete on the southeast side, work should begin on the east side of the building beginning **Wednesday, July 13 through Wednesday, July 27**. Work on the east side of the building will take place in the graveled area and will not result in any door closures nor affect deliveries. Please keep in mind that these dates are approximate and can change due to weather or unexpected circumstances that may occur with the trenching. As the project progresses, further announcements will be provided regarding closures and access on the north face of the building.



# Active Duty/Reserve Zone



## Bix 7 Road Race Waives Entry Fee

The 2016 Bix 7 organization is again happy to be able to offer free entry, **July 30**, to all active duty military, Reserve and Guard. Again, there will also be a specific viewing area location designated for and honoring our veterans at Brady and Kirkwood. Complete the [printable entry form](#), enter your military ID number where indicated and mail your entry to us. You must pick up your packet in person at the Bix 7 Expo and show your military ID. Last year we had an increase over the first year, we hope to be able to continue that momentum again in the third year of this appreciation. ([Entry Form](#))

# Safety Spotlight



ARMY SAFE  
IS ARMY STRONG



## Bicycle Safety on Arsenal Island

Bicycle riding is a great way to get into shape and enjoy the outdoors. To remain safe on the roads, it is important to follow the same traffic safety laws that govern vehicle drivers. Everyone must obey the rules of the road. Rock Island Arsenal Regulation (RIAR) 190-5, Rock Island Arsenal Traffic Regulation, states: Bicyclists will follow all local state traffic laws. In Illinois, the law states that when riding your bicycle on roadways, you must obey the same traffic laws, signs and signals that apply to motorists. Bicyclists must ride in the same direction as other traffic. Riding in the opposite direction of traffic is both dangerous and against the law. To ride safely in traffic, bicycle riders must use their hands and arms to communicate to other motorists around them. There are four important arm signs you must know and use every time you prepare to turn or stop. They are: Left Turn Signal, Right Turn Signal (using left arm), Right Turn Signal (using right arm) and the Stop Signal. Remember to signal about one-third of a block before you plan to turn so vehicles behind you have ample time to slow down. Your eyes are an important safety tool when riding your bike. Watch other drivers closely to make sure they have seen you and your arm signals. When walking or riding your bicycle on a sidewalk (where permitted), you must obey all pedestrian signs and signals. Additionally, bicyclists must yield the right of way to pedestrians using sidewalks or crosswalks. Slow down and go around them when possible. Right of way means that one person has the right to go ahead of another. This applies to bicycle riders, motorists and pedestrians. If others do not follow the rules, let them have the right of way to avoid the risk of an accident. When approaching pedestrians from behind, bicyclists are to slow down and give an audible signal to alert the pedestrians of his/her presence and intent to pass them. Additionally, RIAR 190-5 states that bicyclists will wear helmets approved



by the Consumer Product Safety Commission, use lights during hours of darkness or low visibility, not ride abreast and not use a cellphone or earphones while riding. Please follow these regulations and have a safe and enjoyable riding season. ([Poster](#))

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## Equal Employment Opportunity Focus



### **Transgender Service Members Can Now Serve Openly, Carter Announces**

Transgender service members in the U.S. military can now openly serve their country without fear of retribution, Defense Secretary Ash Carter announced today, a policy decision that overturns the ban on transgender service across all branches of service, effective immediately. Following a study at his direction, the secretary said during a Pentagon news conference, three main reasons led to the decision to lift the transgender ban: the force of the future, the existing force and matters of principle. "As a result of the yearlong study, I'm announcing today that we are ending the ban on transgender Americans in the United States military. Effective immediately, transgender Americans may serve openly, and they can no longer be discharged or otherwise separated from the military just for being transgender," Carter said. Further, he said, he has directed that the gender identity of an otherwise qualified individual will not bar him or her from military service or from any accession program. "[We in] the Defense Department and the military need to avail ourselves of all talent possible ... to remain what we are now – the finest fighting force the world has ever known," Carter said. "Our mission is to defend this country," he added, "and we don't want barriers unrelated to a person's qualifications to serve preventing us from recruiting or retaining the soldier, sailor, airman, or Marine who can best accomplish the mission." ([More](#)) ([DoD Special Report](#))

### **Diversity Makes Military Stronger, DoD Panel Says**

Diversity in the military makes the force stronger, top Defense Department officials said at a lesbian, gay, bisexual and transgender panel discussion here today. Speakers at the forum at the National Defense University at Fort McNair included the deputy assistant secretary of defense for operational energy, Amanda R. Simpson. Simpson, the highest-ranking openly transgender official in the government, recalled that when she was in college she was recruited by the Navy to be a nuclear officer. "But I really couldn't, in good conscience, serve in uniform," she said. "I held a secret that I was still holding from myself." She said at that time it was "illegal and, quote, 'immoral' for a transperson to serve in the military." Instead, she said, she became a government contractor. Simpson said she was asked to join President Barack Obama's administration seven years ago. It is important to note, she said, that she was neither selected for the opportunity nor excluded from it because she was transgender. ([More](#))

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## Morale, Welfare & Recreation



### **Morale, Welfare & Recreation (MWR)**

Visit the MWR website at [www.riamwr.com](http://www.riamwr.com) for information on all MWR programs.

### MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "**stop**" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



### Submission Period for 2016 Army Arts & Crafts Contest

Novice and accomplished artists are encouraged to submit their works of art to the annual Army Arts & Crafts contest, open **June 13 – Aug. 12**. There are 10 categories this year including ceramic, digital, fiber, glass, metal, wood, drawings, paintings, 2D & 3D mixed media. Find more info on eligibility and contest rules at [www.armymwr.com/arts](http://www.armymwr.com/arts) ([Flyer](#))

### Lock & Dam Lounge Closes for Renovations

Effective April 2, the Lock & Dam Lounge closed for renovations until further notice.

### Lunch Service at the Arsenal Island Clubhouse

Has it been a while since you've had lunch at the Golf Clubhouse? If so come back Tuesday - Friday, 11 a.m. - 1:30 p.m., and give it another try because we've got some exciting new options that are sure to fit your appetite and schedule. Try the daily soup, salad and sandwich buffet featuring a delicious house made soup du jour and fresh baked breads for just \$9/person. ([menu is available here](#)) ([daily buffet items here](#))



### Office Hours

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

### Noah's Ark Water Park

Located on 70 sprawling acres in the heart of Wisconsin Dells, Wis., featuring 51 water slides and dozens of various attractions. From two Endless Rivers, four children's water play areas, bumper boats, a mammoth 4-D Movie Theater, and not just one, but two giant wave pools, there is something for the whole family. Children two years or 36" and under are free. LTO price \$26, gate is \$41.62 with tax. Note: Special Salute to Heroes — Military Days — Free Admission: **Entire month of June and Aug. 22 — Sept. 5**: Military (active, Retired, Reserve) with valid ID; family members additionally receive 50 percent off.

### Menopause at Circa 21 in Rock Island

This hilarious musical parody staged to classic tunes from the '60s, '70s and '80s will have you cheering and dancing in the aisles. See what millions of women worldwide have been laughing

about for 14 years. Set in a department store, four women with seemingly nothing in common but a black lace bra on sale, come to find they have more to share than ever imagined. The cast makes fun of their woeful hot flashes, forgetfulness, mood swings, wrinkles, night sweats and chocolate binges. A sisterhood is created between these diverse women as they realize that menopause is no longer The Silent Passage, but a stage in every woman's life that is perfectly normal. It's the hilarious celebration of women and the change. Leisure Travel has discounted seats on sale at \$46 until **Saturday, Aug. 6**. *NOTE: PG13 — This show contains adult language and content; not recommended for children.* ([More](#))

Event Date: **Saturday, Aug. 20**

Event Time: **5:45 p.m.**

### 2016 Adventureland Tickets

Leisure Travel has discounted one day admission tickets for the 2016 season to Adventureland Amusement & Water Park. Adult and Child \$33; at the gate adult is \$42, child is \$37.



### Extended Application Deadline for New Part-Day Preschool Program

As part of our ongoing efforts to adapt our programs and offerings to best meet your needs, Child, Youth and School Services is now accepting applications for our new part-day preschool program, due to lower than expected response the application deadline has been extended. If this is a program you are interested in please don't delay in submitting your application. See [the flyer for more details](#) on program days, times and ages and email [usarmy.ria.imcom-central.mbx.usag-rock-cys@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-rock-cys@mail.mil) for more info. ([Flyer](#)) ([Application](#))

### Army Transitions to Simplified DoD Request For Childcare Website

The Army is transitioning to a new single portal Department of Defense website designed to make it easier for Soldiers to find the childcare they need. In March 2016, select Army garrison families will begin to use [www.MilitaryChildCare.com](http://www.MilitaryChildCare.com) as their website to search for and request child care services where they are or where they are planning to move. "The vital function of this website is to simplify the child care search process, helping patrons make better informed decisions about their child care needs," said Theresa

Sanders, the Installation Management Command Child, Youth and School Services Outreach Services Program Manager. "The DoD has worked hard to develop a system which allows patrons to create their own account, search and request care, manage requests and update their profile from the convenience of their home," she said. Using [MilitaryChildCare.com](http://MilitaryChildCare.com), parents can find comprehensive information on child care programs worldwide, conduct a customized search for the care they need, and submit a request for care at any time from any location, Sanders explained. Web services were first tested in pilot programs throughout the military branches including U.S. Army Garrison Hawaii. Soldiers and Families at Aberdeen Proving Ground, Forts Belvoir, Campbell, Detrick (Forest Glen and Frederick), Drum, Knox, Lee and Meade, Watervliet Arsenal and Joint





Base Myer-Henderson Hall will gain access to the site in March. Each garrison is working directly to notify the families affected and assist in the implementation of the DoD website rollout. ([More](#))

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# Army Community Service



ACS is located in Bldg. 110, 1<sup>st</sup> floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

## Summer Reading Adventure

According to [scholastic.com](http://scholastic.com) — "Studies suggest children who read as few as six books over the summer maintain the level of reading skills they achieved during the preceding school year. Reading more books leads to even greater success." Don't let your little ones backslide this summer in their reading proficiency, join us **Thursday, July 14**, 4-5 p.m., Army Community Service (Bldg. 110), for our summer reading program and keep them on track to literacy greatness. Sign up at ACS in Bldg. 110 and receive a free book to get you started plus a log to track reading minutes. Prizes will be awarded at the end of August. Also join us for activities throughout the summer to earn extra minutes. Open to children ages 3-10. [See the flyer for all dates and featured books](#). For more info or to register for an activity, please call 309-782-3049/0829.

## Stress Management Class

Come learn about stress and how to cope with it in positive and healthy ways **Wednesday, July 20**, 4-5 p.m., in the ACS Training Room (Bldg. 110). RSVP required for this free class by calling 309-782-3773 or emailing [samantha.m.mathew.ctr@mail.mil](mailto:samantha.m.mathew.ctr@mail.mil). ([Flyer](#))

## Understanding Veterans Preference Class

Come learn about Veterans Preference and how it applies to the federal recruitment process **Friday, July 22**, 1:30-3:30 p.m., in the ACS Training Room (Bldg. 110). Subjects covered will include information on VEOA, VRA, Schedule A and how you can use Veterans preference. RSVP must be made no later than **Friday, July 15**, by calling 309-782-0829 or emailing [usarmy.ria.imcom-central.mbx.usag-acs@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-acs@mail.mil). ([Flyer](#))

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# Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1<sup>st</sup> floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

## **101 Critical Days of Summer**

Summer Holiday celebrations often include barbeques, picnics, water sports, vacationing with family and friends, and fireworks. However, many holiday week-ends can be filled with tragedy instead of celebration. The Fourth of July is one of the deadliest holidays of the year when it comes to alcohol-impaired driving crashes on our highways. According to data from the National Highway Traffic Safety Administration, during July 4<sup>th</sup>, holidays over the last five years (from 2010 to 2014), 780 people lost their lives in crashes involving drivers who had BACs of at least .08 g/dL. This summer, don't let your celebrations end in an arrest or tragedy. The consequences are serious and real. Not only do you risk injuring yourself or someone else, but the trauma and financial costs of a crash or an arrest for driving while impaired can be significant and not the way you want to celebrate your summer.

## **Grief Support Group**

Have you been struggling with the recent loss of a loved one? The EAP welcomes you to attend confidential group sessions to share your feelings with others who are experiencing the same emotions and challenges to daily living. Participants will receive support and companionship from others while learning about the grieving process. Groups will be held each **Thursday** from 12:30-1:30 p.m. at the EAP in Bldg. 56, Room 104; to RSVP call 309-782-4357.

## **Emotional Intelligence**

Emotional intelligence is the ability to understand and manage your own emotions, and those of the people around you. People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people. Emotional intelligence addresses five competencies; Self-Awareness, Self-Regulation, Self-Motivation, Empathy, and Effective Relationships. Upcoming class dates are **Sept. 27** and **Dec. 20**; and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

## **Time Management**

Do you feel like there is never enough time in a day to get everything done? Would you like to learn some tips to become more organized and free up some time for more fun? Learn how to prioritize tasks and manage your time more effectively. Upcoming class dates are **July 26**, and **Oct. 25**, at 10:30 a.m. in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

## **Improving Workplace Relationships**

Relationships in the workplace are very much like relationships in our personal lives. Therefore they require many of the same skills we use with those who are closest to us. Learning these skills makes sense because many of us spend more time with our co-workers than with our family members. Skills learned are based on research based concepts and address issues of communication, conflict, respect and trust. Upcoming class date is **Aug. 2**; and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782-4357. Register for classes on [TEDs](#) under "Current Classes."

## **The RIA Employee Assistance Program Presents: Real Colors**

Want to enhance your communication skills? Real Colors offers you a peek into human personality. It will provide you with a better understanding of human behavior and help you recognize, accept and learn to value the difference in others. Real Colors has proven to be an effective tool to increase

understanding, empathy and effective communication in the workplace. Location: Bldg. 56, Room 122, Sign up in [TEDs](#) (Search key word "Real Colors" or contact 309-782-4357 Additional date: **Nov. 8.**

Event Date: **Aug. 9**

Event Time: **8 a.m. - 12 p.m.**

### **Assertiveness Training**

Learn strategies to communicate with effectiveness and enhance yourself personally and professionally. Upcoming class dates are **Aug. 23** and **Nov. 29**; and will take place in our classroom in Bldg. 56, in Room 122. If you have any questions on the above class offerings, please contact 309-782- 4357. Register for classes on [TEDs](#) under "Current Classes."

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## **Education/Training Review**



**The Rock Island Army Education Center is located in Bldg. 56, 1<sup>st</sup> floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)**

### **Field Test DLPT - German and Hindi — Do You Speak German or Hindi?**

The Army is seeking field test participants to complete the Defense Foreign Language German and Hindi (DLPT5) Starting **Tuesday, May 3**, through **COB Sunday, July 31**. Participates will be provided with a signed letter of appreciation from the Assistant Commandant of the Defense Language Institute Foreign Language Center. The listening and reading tests are both three hours. For your convenience, the test may be administered in one setting or schedule the test in two separate settings. Interested in taking the test? Please contact the Rock Island Education Center for more information or to be scheduled at 309-782-2065.

### **College Admissions**

Many colleges require that students submit test results as part of the admission application process. Both the ACT and SAT are standardized tests that help colleges evaluate candidates. Some schools accept either test interchangeably; however, Service members should check with their education counselor prior to testing. As you begin to think about college and creating the best application package possible, your admissions plan should begin with the question, "Which test should I take?"

#### **College Admission Exams**

Service members applying for college admission, an officer accession program, military-sponsored academy or professional program may require a current ACT or SAT score to include with their application packet. Refer to individual programs for application information.

#### **Who Can Take a College Admission Exam?**

The ACT and SAT exams are available to eligible Service members on a DANTES-funded basis when taken at a DANTES Test Site.

- Refer to DANTES Funding Eligibility Requirements to learn if you are eligible for funding.
- DANTES does not fund or reimburse ACTs or SATs taken at National Test Centers.

- The optional ACT Plus Writing Test is not funded or reimbursed by DANTES and not available at DANTES Test Sites.

Civilians and military dependents are not eligible for DANTES-funded ACTs and SATs, may not test at a CONUS DANTES Test Site and may not routinely test at an overseas DANTES Test Site. Military-affiliated, overseas civilian personnel must contact a DANTES Test Site for exceptions to these tests.

### **DANTES Test Sites**

If the education office at your military installation does not support a DANTES Test Site, email DANTES at [exams@navy.mil](mailto:exams@navy.mil) for assistance.

### **Preparation for Testing**

Visit the individual ACT and SAT program websites for exam information and test prep materials.

- ACT [www.actstudent.org](http://www.actstudent.org)
- The College Board/SAT [www.sat.collegeboard.org](http://www.sat.collegeboard.org)



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you. Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [here](#). For information on this and other Commissaries, visit: [www.commissaries.com](http://www.commissaries.com) ([Facebook](#))

### **Soldiers Transitioning From Active Duty Can Keep Shopping Their Rock Island Exchange**

The Army & Air Force Exchange Service treats active-duty Soldiers like family. When Soldiers transition to Individual Ready Reserve (IRR) status, they remain family to the Exchange, keeping the shopping benefit they've earned. "Soldiers transitioning to IRR status are very much a part of the Exchange family and can still shop at the Rock Island Exchange," said Rock Island Exchange Store Manager Lisa Scadden. "Their Exchange benefit, including tax-free shopping and competitive prices, remains intact during their time in IRR." Soldiers transitioning from active duty and their families can continue to visit the Exchange, Express, mall and food court. They can also shop online at [shopmyexchange.com](http://shopmyexchange.com) for exclusive military pricing on many items and an expanded merchandise selection. Besides retaining shopping privileges, those in IRR status keep their MILITARY STAR card benefits. If they don't have an account, they are eligible to apply for one. "The MILITARY STAR card offers a competitive interest rate and no late, annual or over-limit fees," Scadden said. "Cardholders also receive extra savings at Exchange food courts and gas stations, free shipping on [shopmyexchange.com](http://shopmyexchange.com) and rewards points for every \$1 spent." To gain access to the installation to shop at the Rock Island Exchange, shoppers can apply for an IRR ID card at the installation's personnel office 72 hours after discharging from active duty. "It's been an honor serving these Soldiers while they served our country," Scadden said. "The Exchange looks forward to being there for them as they transition to IRR status."



## **Shopping the Rock Island Exchange Pays Dividends**

Soldiers and their families who shopped and dined at Army & Air Force Exchange Service stores and restaurants on Rock Island Arsenal generated \$37,900 last year for Army quality-of-life programs, making the Rock Island Arsenal a better place to live and work while promoting readiness and resiliency. In 2015, Exchange contributed \$237 million to military quality-of-life programs around the world, up \$13 million, nearly 5.5 percent from the previous year. In the past 10 years, the Exchange has generated more than \$2.4 billion in dividends to youth services, family counseling, physical fitness programs and other activities that make life better for Soldiers and their families. At Rock Island Arsenal, these programs include Island Oasis Café and Grill, Community Recreation, and the Fitness Center. One-hundred percent of Exchange earnings support Soldiers and their families. "Roughly two-thirds of Exchange earnings are paid to military quality-of-life programs," said Rock Island Exchange Store Manager Lisa Scadden. "The remaining third is used to build new stores or improve Exchange facilities to improve customers' shopping experiences." The Exchange's mission of providing quality goods and services at competitively low prices while generating earnings to support quality-of-life efforts means that the Exchange benefit is more than finding a good price on merchandise. Shoppers who take advantage of their benefit at the Rock Island Exchange or online at [www.shopmyexchange.com](http://www.shopmyexchange.com) are working to improve their communities. "Truly, 100 percent of Exchange earnings serve Soldiers and their families," Scadden said. "When customers shop and dine at the Exchange, they are investing in their own community, making it a better place to live and work."

## **Exchange Expands Layaway to Include Laptops, Tablets for Back-to-School Season**

The Army & Air Force Exchange Service is helping military students head to the top of the class during the 2016-17 school year by extending its layaway program to include computers and tablets needed to succeed in the classroom. From **July 1 to Aug. 31**, just in time for back-to-school season, Exchange shoppers can use layaway to hold computers, notebooks, tablets and iPads—items that are not typically eligible for the program. "Having up-to-date technology can be vital to succeeding in the classroom, and the Exchange is making it easier for military families to manage expenses to get the tools students need to succeed," said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. "The extended layaway program helps parents and students stick to their back-to-school budgets." A \$3 service fee and a deposit of 15 percent are required to hold items on layaway. Items must be picked up by Aug. 31. Shoppers can visit customer service at their local Exchange for complete details. ([More](#))

## **Everything's coming up Roses for Shoppers with Exchange Bouquet Sweepstakes**

Military shoppers can stop and smell the flowers this summer with the Army & Air Force Exchange Service's Teleflora sweepstakes. From **July 1 to Aug. 31**, authorized shoppers have the chance to win one of six Teleflora bouquets valued at \$83. Shoppers can enter the sweepstakes by visiting [shopmyexchange.com/sweepstakes](http://shopmyexchange.com/sweepstakes). Three winners will be drawn for July, and three more will be drawn in August. No purchase is necessary to enter or win. ([More](#))

## **Your Healthy Lifestyle Festivals Coming In July**

The Defense Commissary Agency will host the military resale partnership event, Your Healthy Lifestyle Festival, July 1-31 at commissaries worldwide. This annual event will feature discounted prices on produce at commissary farmers markets, savings on workout equipment and apparel at exchanges, health screenings at local clinics, and fitness events hosted by the post morale, welfare and recreation activities. With the theme "Live Healthy and Save Big!," the festival combines savings while supporting the military community's health and wellness goals, said DeCA Sales

Director Tracie Russ. An overall schedule listing installations and dates can be found on [Your Healthy Lifestyle Festival](#) page. *Rock Island Arsenal Commissary will be holding its Healthy Lifestyle Event July 29 & 30.* ([More](#))

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## Arsenal Archive

**Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sundays and Mondays, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free.** ([website](#))

### **This Week in Rock Island Arsenal History – July 11-17**

Congress passed an Act on July 11, 1862, which established an arsenal at Rock Island. On July 12, 1950, the RIA responded to an emergency and shipped the first 3.5 rocket launcher (bazookas) to Korea during the early days of the conflict. On July 13, 1962, the RIA held a Centennial Ball at the Davenport Coliseum Ballroom. A king and queen were chosen in honor of their years of service at the RIA. In July 1814, Lt. John Campbell's expedition to Prairie Du Chien was ambushed and defeated just above Rock Island by Black Hawk's British Band. The island where the attack occurred bears the name Campbell's Island and a monument was placed at the site of the battle to commemorate those who died there. In July 1957, the RIA long time mission (since 1899) responsibility for the industrial engineering, manufacturing, and maintenance engineering of certain categories of small arms, was transferred to Springfield Armory. On July 17, 1944, two companies of Italian prisoners of war arrived at RIA.

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## Healthbeat



### **Army Public Health Promotes Free Tick-Testing Program**

As the summer season swings in to full gear, Army public health officials want to ensure that DoD personnel are aware of a free service to help combat the threat of tick-borne diseases to Department of Defense personnel. The Army Public Health Center (Provisional) provides a tick identification and testing service for DoD health clinics in the continental United States. This service is known as the DoD Human Tick Test Kit Program, and it serves as a 'first alert' for tick-bite patients and their health care providers. Although most ticks are not infected with human diseases, some ticks in the United States can carry such diseases as Lyme disease, ehrlichiosis, Rocky Mountain spotted fever, and viral diseases. Army preventive medicine experts say that prompt removal of a tick is one way to reduce risk of disease transmission. ([More](#))

### **Grill Up Food Safety this Summer**

According to the Centers for Disease Control and Prevention (CDC), 1 in 6 Americans get sick from eating contaminated food each year. TRICARE wants to help you practice food safety this summer. Food poisoning peaks in the summer months because warmer temperatures cause foodborne germs to grow. There are several things you can do to prevent illness in your family and

friends. First, wash your hands often when handling raw meat. Dirty hands and surfaces used to prep your meat can carry germs. So keep your hands and your prep area clean. Next, clean your grill and your grilling utensils with a moist cloth or paper towel. If you use a wire bristle brush, check the grill after cleaning it. The brush bristles can come off and stick into food along with all the germs you thought you were cleaning off. ([More](#))

### **Rock Island Arsenal Pharmacy Closure**

The Rock Island Arsenal Pharmacy will be closed after 12:30 p.m. on **Thursday, July 21**, for training.

### **A Unique Collaboration Launches Walk with a Doc Program in the Quad Cities**

Walk with a Doc, a health program that brings doctors and patients together outside of the clinic, now has a new twist. A physician and a group of veterinarians have come together to form a local chapter of Walk with a Doc - one that encourages people and their pets to get healthy. Typically, WWAD is a human-oriented event, but in an effort to further enhance the lives of the community, they are bringing together the first ever WWAD physician/veterinarian collaboration. Pets hold a special place in their owner's lives, and they often suffer from the same health conditions that people do. By joining together, they seek to improve the health of the Quad Cities citizens and their companion animals. The next event will be held **Sunday, July 24**, at 4 p.m. at the Eastern Avenue Park in Davenport. Walkers are invited, and while dogs are not required, they are welcomed. Walks will be held on a regular basis, so grab your shoes and a leash, and be ready for future Walks, too. Walk with a Doc is a national non-profit organization whose mission is to encourage healthy physical activity in people of all ages and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country. ([More](#))



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## **Notes for Veterans**



### **VA Conducts Nation's Largest Analysis of Veteran Suicide**

The Department of Veterans Affairs (VA) has undertaken the most comprehensive analysis of Veteran suicide rates in the U.S., examining over 55 million Veteran records from 1979 to 2014 from every state in the nation. The effort extends VA's knowledge from the previous report issued in 2010, which examined three million Veteran records from 20 states were available. Based on the data from 2010, VA estimated the number of Veteran deaths by suicide averaged 22 per day. The current analysis indicates that in 2014, an average of 20 Veterans a day died from suicide. "One Veteran suicide is one too many, and this collaborative effort provides both updated and comprehensive data that allows us to make better informed decisions on how to prevent this national tragedy," said VA Under Secretary for Health, Dr. David J. Shulkin. "We as a nation must focus on bringing the number of Veteran suicides to zero." The final report will be publicly released later this month. ([More](#))

### **Understanding Veterans Preference Class**

Come learn about Veterans Preference and how it applies to the federal recruitment process **Friday, July 22**, 1:30-3:30 p.m., in the ACS Training Room (Bldg. 110). Subjects covered will include

information on VEOA, VRA, Schedule A and how you can use Veterans preference. RSVP must be made no later than **Friday, July 15**, by calling 309-782-0829 or emailing [usarmy.ria.imcom-central.mbx.usag-acs@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-acs@mail.mil). ([Flyer](#))

### QC Veterans' Roll Call Radio Show

A new radio show for Quad-City area veterans has been established on WXLN 97X at **7 a.m. on Sunday mornings**. This weekly radio show's mission is to provide local veterans, military, and their families, honest, relevant and (when possible) entertaining content. They state they have two values for their show, respect and empathy. "We respect the truth and everyone's opinion. We have empathy for our veterans and military as they are, their families and their care-givers." The show, hosted by Jeni Berta, also has a Facebook group to spur discussion and to spread the word. The group is simply titled "QC Veterans' Roll Call Radio Show," and can be found at [www.facebook.com/groups/245799959137007](http://www.facebook.com/groups/245799959137007).



## Around the Q.C.



**July 12-16:** [Pontiac Oakland Convention & Car Show](#) (Isle Casino Hotel Bettendorf)  
**July 13:** [YouthFest](#) (Fejervary Park, 1800 W 12th St, Davenport)  
**July 14-16:** [Walcott Truckers Jamboree](#) (I-80 Truckstop, Walcott, Iowa)  
**July 15-17:** [Radish Magazine's 2016 Yoga Fest](#) (Holiday Inn, Rock Island)  
**July 16:** [Rivers Edge Homebrew Festiv-ale](#) (The District Plaza, Rock Island)  
**July 16:** [Insane Inflatable 5K Quad Cities](#) (Mississippi Valley Fairgrounds)  
**July 19-23:** [9/11 Never Forget Mobile Exhibit](#) (Schwiebert Riverfront Park, Rock Island)  
**July 19-23:** [Rock Island County Fair](#) (fairgrounds in East Moline)  
**July 23:** [2016 Quad City Strength & Fitness Expo](#) (RiverCenter, Davenport)  
**July 23:** [2nd Annual Lane Evans Memorial Motorcycle Ride](#) (Kavanaugh's Hilltop, 1228 30th St, Rock Island)  
**July 29-30:** [Downtown Street Fest](#) (Downtown Davenport)  
**July 30:** [Bix 7 Run/Walk](#) (Downtown Davenport)  
**July 30:** [Zombie Prom Quad Cities 2016](#) (Skellington Manor Event Center, 420 18th St, Rock Island)  
**Aug. 2-7:** [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)  
**Aug. 4:** [Freedom Run 5K](#) (733 15th Ave., East Moline)  
**Aug. 4-7:** [Bix Beiderbecke Memorial Jazz Festival](#) (Quad-Cities Waterfront Convention Center, Bettendorf)  
**Aug. 6:** [Boys and Girls Clubs of the Mississippi Valley's Inaugural Get Hooked Fishing Derby](#) (Rock Island Conservation Club, 2421 Big Island Parkway Milan)  
**Aug. 6:** [2nd Annual BBQ n' Blues Fest](#) (Rolling Smoke, 1228 30th St, Rock Island)  
**Aug. 6:** [4th Annual Bags n' Brews Cornhole Tournament & Beer Tasting](#) (Lindsay Park, 2100 E River Dr, Davenport)  
**Aug. 8-14:** [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis, Ill.)  
**Aug. 9:** [Experience on a Towboat from Rock Island to St. Louis](#) (Quad City Botanical Center, Rock Island)  
**Aug. 11-13:** [Tug Fest, LeClaire](#) (Iowa & Port Byron, Ill.)  
**Aug. 13:** [Case Creek Obstacles 5K Mud Run](#) (Coal Valley, Ill.)  
**Aug. 13:** [13th Annual Xstream Cleanup](#) (Greater Quad Cities)  
**Aug. 17-21:** [American Veterans Traveling Tribute](#) (Geneseo City Park, Geneseo, Ill.)  
**Aug. 19-20:** [Ya Maka My Weekend](#) (The District, Rock Island)  
**Aug. 20:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)  
**Aug. 20:** [Floatzilla: Canoe & Kayak Floatilla](#) (Sunset Park, 1309 Mill St, Rock Island)  
**Aug. 21:** [Q.C. Cancer Awareness Ride](#) (Lady Di's Park View Inn, 18109 270th St, Eldridge)  
**Aug. 26-27:** [River Roots Live](#) (LeClaire Park, Davenport)  
**Aug. 27:** [Vettes on the River](#) (LeClaire, Iowa)  
**Aug. 27:** [Silvis Family Run](#) (Schadt Park, Silvis, Ill.)



**Sept. 3-4:** [Rock Island Grand Prix](#) (Downtown Rock Island)  
**Sept. 10:** [¡VIVA! Quad Cities](#) (Isle of Capri Casino Parking Lot, Bettendorf)  
**Sept. 10:** [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)  
**Sept. 10:** [Row the Miss Regatta](#) (Mississippi River at Moline)  
**Sept. 10:** [Krazy Kids Inflatable Fun Run](#) (Genesis Health Plex, 3900 28th Ave Dr Moline)  
**Sept. 10-11:** [Beaux Arts Fair](#) (Downtown Davenport)  
**Sept. 16-17:** [Celtic Festival & Highland Games](#) (Centennial Park (Davenport)  
**Sept. 17:** [River Action's 11<sup>th</sup> Annual Taming of the Slough](#) (Hampton, Ill.)  
**Sept. 17:** [Brew Ha Ha](#) (LeClaire Park (Davenport)  
**Sept. 17:** [2016 Walk to End Alzheimer's - Quad Cities](#) (iWireless Center)  
**Sept. 17:** [4th Annual It's Glow Time 5K Throwback](#) (Bass Street Landing, Moline)  
**Sept. 17-18:** [Riverssance Festival of Fine Arts](#) (Lindsay Park (Village of East Davenport)  
**Sept. 23-24:** [Hot Air Balloon Festival](#) (Rock Island County Fairgrounds (East Moline)  
**Sept. 24:** [Knox-Warren Walk to End Alzheimer's](#) (Lake Storey Park, Galesburg, Ill.)  
**Sept. 25:** [Quad Cities Marathon](#) (Downtown Moline)  
**Oct. 1:** [GiGi's Super Hero Run](#) (Bettendorf)  
**Oct. 2:** [Nancy Kapheim Memorial Classic](#) (Rock Island)  
**Oct. 7-9:** [Big Bore Enterprise Gun Show](#) (Mississippi Valley Fairgrounds)  
**Oct. 9:** [Apple Fest](#) (Downtown LeClaire)  
**Oct. 22:** [4<sup>th</sup> Annual QC Tweed Ride](#) (Freight House, Davenport)  
**Oct. 27:** [Fright Night](#) (The District (Rock Island)  
**Oct. 29:** [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)  
**Oct. 29-30:** [Boo at the Zoo](#) (Niabi Zoo (Coal Valley (Ill.)  
**Oct. 29:** [Witches Walk & Costume Parade](#) (Downtown LeClaire)  
**Nov. 12:** [Black Hawk College 5k Hustle](#) (Black Hawk College (Moline)  
**Nov. 18-27:** [Quad City Arts Festival of Trees](#) (RiverCenter (Davenport)  
**Nov. 19:** [Festival of Trees Parade](#) (Downtown Davenport)  
**Nov. 19:** [Lighting on the John Deere Commons](#) (Downtown Moline)  
**Nov. 19:** [City of Davenport Garbage Gobble Creek Cleanup](#) (Davenport)  
**Nov. 24:** [Scott County Family Y McCarthy Bush Turkey Trot](#) (Downtown YMCA (Davenport)

## Island Insight



**Col. Kenneth Tauke, Garrison Commander; Eric Cramer, Public Affairs Officer;**

**Mark Kane, Editor** The Army publication, *Island Insight*, is an unofficial publication authorized under AR 360-1 to provide information on people, policies, operations,

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